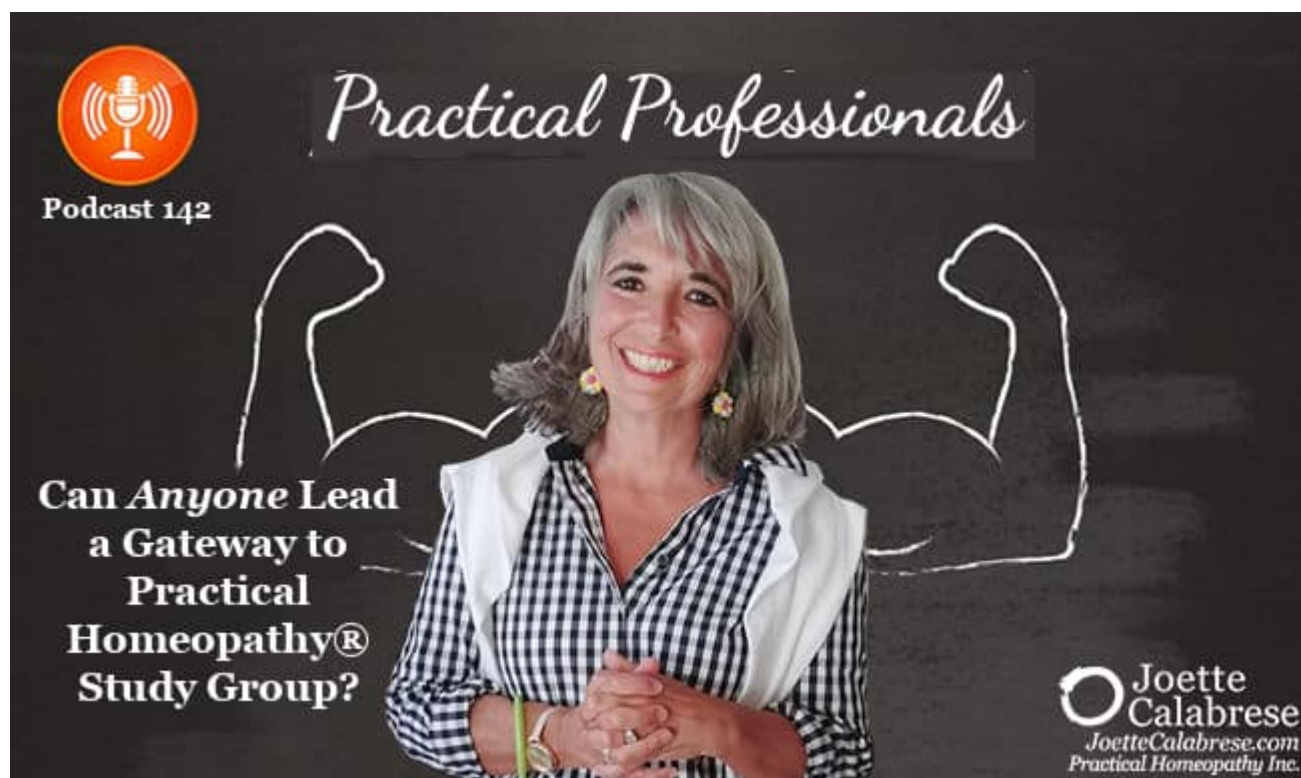


Podcast 142 – Practical Professionals: Can Anyone Lead a Gateway to Practical Homeopathy® Study Group?



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ADDITIONAL RESOURCES:

[Joette Calabrese on YouTube](#) (Monday Night Lives)

[PracticalHomeopathy.com](#)

[Gateway to Practical Homeopathy®: A Guided Study Group Curriculum](#)

[Find a Practical Homeopath® \(for consultations or for educational study groups led by my Discovery Ambassadors\)](#)

[Joette's Mighty Members](#)

Kate:

This is the Practical Homeopathy® Podcast, episode number 142.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *Practical Homeopathy®*.

Introduction: Can Anyone Lead a [Gateway to Practical Homeopathy® Study Group?](#)

Kate: (01:00)

Hi everyone. Welcome to the podcast. We are back, and we're so glad that you've joined us today. I'm Kate, and today I'm here with Michele.

Hi, Michele.

Michele:

Hi, Kate.

Kate:

Hi. It's fun to do a podcast together. We've known each other for quite a long time. And for those people who don't know you, I would love for you to just give a little introduction about yourself.

Michele:

Sure. I live in Chico, California. My name's Michele Kumangai, and I have raised five boys, homeschooled all the way through. Now they're out on their own being independent. Well, some of them are.

And I am so excited to be here today to share about Gateway study groups, and it's actually how Kate and I met. So, thank you for having me, Kate.

Kate:

Yes, yes. I'm excited to share with the listeners who may not know much about the [Gateway to Practical Homeopathy®](#) study groups, a little bit more information about them. And our title today is "Can Anyone Lead a Gateway to Practical Homeopathy® Study Group?" So, we're going to get into that, but first, I thought we should tell people how we met and how the Gateway to Practical Homeopathy® study groups have really affected our lives.

So, we are dear friends now, and we met in a Gateway to

Practical Homeopathy® study group that I started leading, oh gosh, I think it was about 12 years ago or so. So, you joined, and then you kept coming to the study groups that I led and ...

Michele:

Yeah, you couldn't get rid of me.

Kate:

Yeah. Well, I didn't want to get rid of you. And we became good friends in there. And then eventually we joined forces and decided to lead the study groups together, which was really fun. And so, we've been really good friends ever since that time, and now we even work together every day. So, I guess you're probably going to get sick of me at some point.

Michele:

Never.

Are You Ready to Lead?

Kate: (02:55)

So, talk to us, Michele, about how you felt initially when I presented the idea to you about joining me to lead the [Gateway to Practical Homeopathy® study groups](#).

Michele:

Well, I was actually really anxious about that. Even though I'd been in so many of your groups, Kate, I was just so nervous. I was afraid I would say something wrong. I was afraid I would, you know ... we worked on spreadsheets, so I was afraid I would enter something wrong. I'd never even seen a Google doc before, and that's what we were using to keep track of things.

So, I know I never shared that with you before, but I was really hesitant of leading study groups, and now, it's what I

love to do. I'm just really passionate about sharing this with anyone who wants to listen.

Kate:

Yeah, we did that for many years together, and it just grew and grew. And I would love for us to just talk a little bit about how we've developed such great friendships through these study groups. And because we each had our strengths when we came together to lead these study groups, and we each took on certain roles in putting together the study groups. And you were really the people person, Michele, and you still are! Study groups is your thing. You love connecting with people.

And so, you started some Signal groups for the study groups. And talk a little bit about that and how important it is and how we've stayed connected with our people.

Staying Connected With Your Group

Michele: (04:21)

Actually, when we started those groups, it was during that year when people weren't leaving their homes. And so, we all wanted to stay connected. So, we found a medium that was safe and protected – end-to-end encryption. And we started chatting in our Signal group that was just with one of our Gateway groups.

And then, from then, we took that, and we do that with all of our Gateway groups now.

So, we have a whole bunch of Signal groups. We've even branched out, and we have other groups with our study group members. We have an animals group, we have ...

Kate:

Groups for each of the states. So, yeah, I don't think we have *all* the states, but a Wisconsin study group ...

Michele:

The Wisconsin group gets together regularly, like a whole group of them meet up at one of someone that lives near Kate's house, and they meet on Zoom, too. So, it's pretty exciting to see how homeopathy has brought us together. And we all actually met on Zoom, so ...

Kate:

Right. Yeah, it's been so fulfilling. These people have become dear friends to us, right, Michele? Yeah.

Michele:

Yeah.

Planning: Tips and Tools

Kate: (05:31)

So, that's really fun. Okay, so let's talk now more about [the study groups](#) themselves and what we found to be useful as we planned the study groups and led them – because we have led a lot of study groups. So, we want to give all of the listeners the tools – some of the tips and tools – that we used to do our study groups. So, Michele, why don't you talk about a few of those things?

Michele:

Well, I think one of the things that you actually started, Kate (when you started leading the study groups) was being consistent with the day and time. You were consistently holding them on a certain day and time every week.

And when people would go to [Joette's Find Your Study Group Friends Facebook page](#), they always knew when you were going to hold your groups, and it was able for them to connect with you and to schedule with you. And that was great for me, too, when

I decided to join your group. So, that was one of the things.

Kate:

And I know we really tried to plan the study groups on days and times that we thought were good for both coasts. We have the East coast and the West coast, and that can be tricky.

And then we also thought about days of the week. We tried to avoid Wednesdays because of a lot of people do church things on Wednesdays. We didn't do them on Sundays because it's like family day. So, we really put a lot of thought into the day and the time that we planned our groups.

And that's something that if you are leading study groups, I'd really recommend that you do is think about all the coasts ... and we even had people from overseas join us. The evenings tend to be best for most time zones.

Michele:

Yeah, I think the farthest away we had was someone from Switzerland once. And it was very, very late at night, if I remember correctly, that she would meet with us. And she'd be in her sweats and in the dark and [inaudible]. And yeah, that was pretty neat.

And then another thing we did, too, Kate, was we had consistent study group meetings. So, we would have a Gateway I group, and then we would do a Gateway II group right after that, and then we would do a Gateway I after that. We just kept them rolling. And so that was something that helped build our Gatewayers, or our Gateway groups, in our community.

Kate:

Because I think people knew if they were going to invite their friends, that we would have another one, and they would just keep going, like you said, Gateway I, Gateway II.

Now, some people do a Gateway I and a Gateway II, and then, when they're doing the Gateway II, at the same time, they'll start another Gateway I. So, you can double up like that. And then you're always leading both a Gateway I and a Gateway II.

But I think also, Michele, something that was helpful is going into Gateway II because you had more time with these people, so you developed even better relationships with them.

Michele:

Right.

Kate:

And I love Gateway II. I'm surprised that more people don't do that.

But Gateway II, I even use it as a resource when my family has a cold or a flu. It's a quick reference for me to look up the remedy. So ...

Michele:

Yeah, it's like Gateway I is a great starter guide when you're just first learning about homeopathy, and you don't really know what it is.

And then Gateway II ... you really do dive into the medicines more like the entire section on cell salts and emergency first aid.

And both of them together ... I still use them as references even all these years later. And they are full of notes from our study group members. We're amazed – right, Kate – that every time we hold a Gateway group – even all these years later – there's somebody that comes in with a little tidbit of information that is valuable.

Kate:

And we talk about how it helps us, too. Because as we're going through it – even though we might have done it 50 times – we go through it again, and you and I are reminded of something. “Oh yeah, I remember now. Okay, that cell salt is great for this.” And it brings it back to our memory, and we're able to further our knowledge and just storing all those uses for the remedies in our minds. Because we learn it, and then we tend to forget things. So, it brings it back to our minds and keeps it fresh. I love that. I learn every time we lead a study group.

What else? Can you think of any other tips, Michele?

Michele:

I was thinking about with the community you have, too, through the Signal groups and even emailing with your people, there's always somebody there to help you when you need help – when you have that brain mush because your kids are really sick, and you can't even think of what remedy to use. And you could reach out to your friends from your study group that are in the Signal group. It's really powerful.

Kate:

Oh, I thought of something else that when we started another study group (like, say, another Gateway I) we would send it out – that information: “Hey, we're starting another study group.”

We would send it out to our whole email list. Everyone that's attended our study groups in the past, because inevitably they would want to come back. (And we offered that for free if they've already joined.) But they would have friends or family members that wanted to join in this next time that we went through it.

So, we kept a list of everyone and sent them an email and let them know what we were up to and when we would be doing new

groups. So, really, we got a lot of new people that way into our study groups and more and more friends.

Michele:

I remember once we had one person bring their four sisters to our group. And I said, "Why don't you do ... you have your own study group right there?"

And she's like, "Yeah, but we want to learn in the larger community with more people."

So, she brought her sisters to our group, And I think that now, a couple of them are even leading study groups, which is really exciting. And it's so exciting to see people ...

Anyone Can Lead a Study Group With the [Gateway Study Guide](#) in Hand

Michele: (11:14)

Kate and I, part of our goal is to let people know that *anybody* can lead a study group. And so, we really stress that in our groups. We follow that study guide. It's got everything you need in it. You don't need to rewrite the book, I always say, because it's right there. And Joette's doing the teaching through the guide, right?

Kate:

Right.

Michele:

And we have videos on the Learning Center and homework and extra blogs and things that you can go to.

So, leading study groups, that's what I want to really stress with this is that *anyone* can do it. And I hope that you guys will get out there and give it a go.

Kate:

So, Michele, let's talk about what happens when maybe you're newer to homeopathy, and you purchase a [Gateway to Homeopathy study guide](#), and you get the book. How would you go about setting up a study group and what information is included in that book to help you do that?

Michele:

Well, if you read the introduction of the book, it talks about leading study groups and then at the back, there's a whole section just for leaders. So, that's where I would start.

And then going through the book ... In fact, the first time I led a study group by myself, it was just me actually. It wasn't a group. It was me and one of my friends because I couldn't get anyone else to join me, and I really wanted to learn. And so, we just opened up the study guide and went through it.

It's all right there for you and watch the videos together. And so, it's all there for you. So yeah, that's where I would start is get that study guide, open it up, get acquainted with the [Learning Center online](#) and what's available there for you. There's tools in there to share with your group and start that way.

Kate:

Yeah, there's even a sample of an email that you can send out to people who want to join you for the study group, so you don't have to recreate the wheel.

We have all the tools that you need to lead a study group, including the questions that you are going to ask during your study group time. And many of the answers are right there, or it points you to where to find the answer.

So, everything is laid out from beginning to end, and then you

get a Certificate of Completion – all those who participated at the end. And there's lots of perks for that as well, but we won't get into that right now.

But I think many people are hesitant because they think, "Well, I won't know what to do." But when you get the book, like you said, it lays it all out for you.

Now, if you are someone who ... maybe you're interested in learning about homeopathy, but you don't know anyone else who is, and you want to be part of a study group, *once you purchase the book* and you get onto the [Learning Center](#), as Michele alluded to earlier, there will be a list of different study group leaders with days and times that they're holding study groups, and you can join one of those.

There's also a [Facebook page](#) – right, Michele – that leaders have posted information about study groups that they're leading,

Michele:

Right? I believe it's Joette's Find Your Friends Facebook ... Study Group Friends. Is that right, Kate?

Kate:

Yeah. That's funny. Something like that. Yeah, Joette's Find Your Study Group Friends page. So, look that up. It'll come up for you when you're looking in Facebook.

[Editor's Note: [Joette's Study Group, Find Your New Study Group Friends](#)]

Michele:

Kate, one more thing. In the Learning Center – when you do go in there – it's when you click on the Welcome button in opening your Gateway portal. And you click on the Welcome button, it opens up, and that's where your list of leaders

are. And all of them have graduated from The Academy or are in Joette's current Academy of Practical Homeopathy®.

Kate:

Okay, good. So, you know that again, the study group is being led by people who really do know quite a bit about homeopathy because these people are all, like you said, in [The Academy of Practical Homeopathy®](#).

Michele:

They're passionate.

Again, the Top Tips for Successful Study Groups

Kate: (14:52)

Yeah, they are. They're great leaders.

So, we want to give some tips for a successful study group: a few things that we haven't talked about and maybe reiterate some of the things that we have.

And so, let's just kind of talk about the points that we discussed. And one of those was **transitioning from a Gateway I directly into a Gateway II** ... always. So, you continuously are doing Gateway I, Gateway II. That consistency, right?

The second one, Michele, would be **stay on task**.

Michele:

Yeah, stay on task with the study guide and the talking points that are in the "Discuss, Ask and Share" section of the study guide.

Kate:

Yeah, don't get off track. Just stay, go through those points, and then, if your group wants to chat at the end, you can do

that. You can just say, “Those who have to leave, you guys can go. We’ve covered the information. And those who want to talk,” we often say, “If you want to share a success story, then we do that.”

And that’s always really exciting to hear how people have used homeopathy successfully.

The next thing is to, like we mentioned earlier, **create a Signal group** or some other way – maybe it’s a Facebook group or some way – to stay connected, for your study group to stay together and to help each other ongoing.

That is one of the biggest benefits of joining a study group is that continued support and encouragement, and someone who’s going to be there when you’re scared, and someone is sick, and you don’t know what to do, that you can write or contact one of your fellow study group members and they can walk you through that. Right.

Michele:

And letting people know, keeping connected with them, fostering that community so they know that they can come back and bring their friends and family. Come back; bring a friend. Don’t we all want to go places with our friends?

So, yeah, fostering that family – that community of like-minded people.

Kate:

Yeah.

All right. So, let’s wrap this up, and I want to ask you, the listeners, what do you think? Can anyone lead a study group?

Michele:

Can they?

Kate:

Michele, what do you think?

Michele:

I dunno. Can they?

YES! By now, I would say absolutely yes. *Anyone* can lead a study group.

It's all laid out there for you. In the [Gateway to Practical Homeopathy® study guide](#). All you have to do is get that in your hands, read through the instructions and go for it.

Kate:

Great. Well, it's been fun doing this with you today, Michele. And I look forward to hearing from the listeners who start study groups and what they're accomplishing and how it goes for them.

So, to those of you listening to the podcast that have expressed the desire to take really responsibility for the health freedom of your family, let's leave you with this: We all know that time is of the essence, and there's no perfect time. But *now* is always the right time for you to take a next step or a next leap, maybe even, for yourself and your family.

More importantly, that Make America Healthy movement. It's sweeping the nation, and I believe, Michele, that the tides are turning in our favor.

So, watch your email for a special announcement. We have something fun coming, and you want to pay special attention to this email. If you're ready to take Joette's torch, step up to the plate, rise to the occasion, and make health freedom through Practical Homeopathy® your commitment to yourself and your family.

We know the rewards and benefits both financially and personally for your family and your family's health legacy are worthy. And like Joette says, "gobsmacking," right?

So, Michele, thanks for joining me today. And for those listeners, thanks for being with us. We hope this was helpful to you, and we'll see you again soon. Bye-Bye.

Michele:

Bye.

Joette:

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my [blog posts](#) and [Monday Night Lives](#).

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse [JoettesLearningCenter.com](#) to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of [The Academy of Practical Homeopathy®](#), Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit [PracticalHomeopathy.com](#).